



FACULTY OF CLINICAL SCIENCES
COLLEGE OF MEDICINE, UNIVERSITY OF LAGOS



13th Annual Scientific Conference & Gathering

THEME

**Environmental Virology,
Exposomics and Epigenetics**

VENUE

Old Great Hall, College of Medicine,
University of Lagos, Idi Araba,
Lagos State

DATE

WEDNESDAY 8TH JUNE 2016

TIME

8.00 am - 5.00pm

• PROGRAMME & BOOK OF ABSTRACTS •

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Environmental Virology, Exposomics and Epigenetics

SUBTHEMES

Non-communicable diseases: environmental and genetic influences
Public health financing and resource limitation

CHAIRMAN

Professor Rahamon A. Bello
Vice Chancellor, University of Lagos

SPECIAL GUEST OF HONOUR

Dr. Olajide Idris
Honourable Commissioner for Health, Lagos State

GUEST SPEAKER

Professor Sunday Aremu Omilabu
Professor of Virology
College of Medicine, University of Lagos

VENUE

Old Great Hall, College of Medicine, University of Lagos, Idi Araba

DATE: Wednesday June 8th 2016 **TIME:** 8:00 am – 5:00 pm

Conference website

www.cmulfcconference.com

**PREVALENCE OF WORK-RELATED MUSCULOSKELETAL DISORDERS AMONG LONG
DISTANCE BUS DRIVERS IN MAIDUGURI BORNO STATE**

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Background and Objectives: The prevalence of work related musculoskeletal disorders and risk factors contributing to the development of these disorders among different occupations have conflicting findings across the world. The general objective of this study was to determine the prevalence of work related musculoskeletal disorders and risk factors associated with the development of these disorders among long distance bus drivers in Maiduguri Borno state. As well as the prevalence of these disorders with different age groups, different years of driving experience, duration of daily driving, different exposure to vibration, long distance driving and ergonomics mismatch.

Materials and Methods: Sample of convenience was used to recruit 110 long distance bus drivers from five selected motor parks located in Maiduguri Borno state. A close ended questionnaire was used to elicit information

on Socio-demographic characteristics, prevalence and possible risk factors of WRMDs. Descriptive statistics of mean, standard deviation, frequency and percentages was used to summarize the participants' socio-demographic data, and questions on risk factors and WRMDs. While the significant difference in the prevalence of WRMDs among participants with different socio-demographic characteristics (age and years of driving experience); Occupational characteristics (exposure to body vibration, duration of driving and ergonomic mismatch) were analyzed using Pearson Chi-square statistics. An analytical cross-sectional design was used to recruit one hundred and ten long distance bus drivers working in the employment of various bus companies located in the five selected motor parks in Maiduguri Borno state.

Results: Out of the one hundred and ten participants that participated in this study 99 of the participants reported a 12-months prevalence rate of work related musculoskeletal disorders of 90% of the total population. The result revealed that there was no significant difference in the prevalence of WRMDs among bus drivers of different age group ($p=0.08$), different years of driving experience ($p=0.43$), different daily hours of driving ($p=0.29$), different exposure to body vibration ($p=0.42$) while a significant difference in the prevalence of WRMDs among bus drivers with different exposure to ergonomic mismatch ($p=0.01$).

Conclusions: A significant relationship between occupational risk factors (uncomfortable sitting posture, driving in a constrained posture, driving week in week out, driving in awkward or cramped position, driving in the same position for long period and ergonomic mismatch) and the risk of developing to work related musculoskeletal disorders was observed.

Keywords: Work related, musculoskeletal, disorders, long distance, bus drivers